

# Broccoli Rice Casserole

Rating: ★★★★★

Makes: 12 servings

## Ingredients

- 1 1/2 cups rice
- 3 1/2 cups water
- 1 onion (medium, chopped)
- 1 can cream of mushroom, or chicken, or celery or cheese soup (10.75 ounce, condensed)
- 1 1/2 cups milk (1%)
- 7 1/2 cups broccoli or cauliflower or mixed vegetables (frozen, chopped)
- 1/2 pound cheese (grated or sliced)
- 3 tablespoons margarine (or butter)

## Directions

1. Preheat oven to 350 degrees and grease on 12x9x2 inch baking pan.
2. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil.
3. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
4. Saute onions in margarine (or butter) until tender.
5. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.
6. Thaw and drain the vegetables and then spread over the rice mixture.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	239	
Total Fat	11 g	17%
Protein	9 g	
Carbohydrates	26 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	5 g	25%
Sodium	350 mg	15%

## MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce
Dairy	1/2 cup

7. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.

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